

MARCH 2016

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition
and Dietetics
www.eatright.org



What is an Eating Pattern?

A combination of food and drink you eat over a period of time or your eating style.

The 2015-2020 Dietary Guidelines for Americans state a healthy eating pattern includes:

- A variety of vegetables, paying attention to dark green, red, orange colored veggies, beans, peas, as well as starchy and other kinds of vegetables
- Fruits, eating more whole fruits
- Grains, with half being whole grain types
- Fat-free or low fat dairy, yogurt, cheese
- A variety of protein foods which includes fish, seafood, lean meats, poultry, eggs, beans, peas, nuts, seeds, and soy products
- Oil from plant sources like canola, corn, and olive oils, avocados, and nuts and seeds.

A healthy eating pattern also recommends food and drinks with....

- Limited **sodium**, also known as salt
- Limited added **sugar** to your foods or eating sugary food and drinks
- Limited **saturated and trans fats**, solid forms of fat

Having a Healthy Eating Pattern helps you lower the risk of Obesity, Heart Disease, High Blood Pressure, Type 2 diabetes, and some cancers.

What does your current eating pattern look like?

It is important that you are thinking about how you eat so you can start to improve your eating pattern. Any changes to your diet should be made gradually so it is easier to continue with those healthy eating habits over time.

Here are a few questions to help you figure out if you need to make changes to your eating pattern.

Saying “sometimes” or “never” to a question could mean it is time to make a change.

1. Do you consider nutrition when making food choices?
2. Do you avoid skipping meals?
3. Do you include 3 or more whole-grain foods daily?
4. Do you eat at least 2 1/2 cups of veggies a day?
5. Do you eat a variety of veggies with dark green and orange varieties?
6. Do you eat at least 2 cups of fruit a day?
7. Do you get 3 cups of low-fat or fat-free milk or yogurt a day?
8. Do you choose lean meats and poultry?
9. Do you eat a variety of protein including fish, beans and nuts?
10. Do you limit added sugars, salt, and solid fats?

Other ways to improve your eating habits:

Often times eating alone, not feeling good or eating with distractions can cause unhealthy eating habits. Eating with many distractions including noise, extreme temperatures (very hot or very cold), and cramped space may cause you to eat unhealthy more often.

- Make plans to sit down at your table and eat 3 times a day.
- Invite a neighbor or family member to eat with you.
- Turn off your television. If you want music, turn it down to a lower setting.
- Set up your eating area and avoid eating in your living room or bedroom.
- Keep your temperature as comfortable as possible.



References:

www.choosemyplate.gov

Academy of Nutrition and Dietetics: www.eatright.org

<http://health.gov/dietaryguidelines/2015/>

www.nationalnutritionmonth.org

Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>